



December, 2018

Pearls of Wisdom

Great Lakes Pearl Dragons

<https://dragons2428.wixsite.com/pearldragons>

MEN MAKE WAVES AT FORSTER KEYS



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Great Lakes Pearl Dragons held their seventh annual regatta over the weekend, with not only competitors, but strong winds and pouring rain making an appearance on the water.

On Saturday, the 2k/500 metre mystery race was held in blustery conditions, before the heavens opened for a drenching on Sunday.

Regardless of the wet weather, the event was a huge success, with 18 clubs travelling to compete and entries up on last year's event, especially in the Sports Men's 10 category.

Competitors travelled from as far away as Illawarra and the Far North Coast to fight it out in some close finishes, before the big 2km win was claimed by Newcastle's Dragonhunter Marlins.

"All teams paddle the total distance, however prior to the race, they secretly nominate which distance they are vying to win," event organiser Denise Marr said.

"The 500 metre winner this year was Nambucca Dragons with a time of 2:17.16 and the 2k winner was Dragonhunter Marlins with a time of 12:26.97."

The Sunday program ran to a tight schedule after rain saw a delayed start, with all 18 clubs competing in 200 metre sprints in the Sports Women, Sports Mixed and Sport Men's categories.

"Newcastle Dragonhunters, who had a contingent of about 80 paddlers dominated on the water taking out a third in the Sports Mixed, second in the Sports Women and first and second in the Sports Men," Denise continued.

"Nambucca are the team to watch with a first in the 200 metre Sports Mixed and also the 500 metre leg of Saturday's 2k/500 metre mystery race.

"Flamin' Dragons, also from the Mid North Coast, took out two third trophies in the 200 metre Sports Women and Sports Men."

Denise said in its 10th season, the Forster club is growing in recognition and capacity.

PRESIDENT'S REPORT DECEMBER 2018



*So this is Christmas
And what have you done?
Another year over
And a new one just begun*

*And so this is Christmas
I hope you have fun
The near and the dear one
The old and the young*

*A very merry Christmas
And a happy New Year
Let's hope it's a good one
Without any fear*

An awesome song which is a favourite among many – welcome to our last newsletter for 2018.

Another exciting year for us pearls.

In April we travelled to the Sunshine Coast and competed at the Australian National Dragon Boat Championships. Lake Kawana was the venue and the Women Senior A came away with Bronze in the 1k turn race which maybe was a one and only as normally there is not a 1k turn race. We were to compete in the 2k turn race however the program was revised due to less than ideal weather and the 2k was replaced with the 1k.

A tick and then another one in early September when we learnt that we have been successful in our grant application to replace our containers with a large shed. This grant was received from the NSW government through the Stronger Country Communities Fund the amount being \$98000. The shed when it is eventually built will make a huge difference to the club in many ways including on-site storage for all of our equipment (not possible at the moment).

We thank our local member Steve Bromhead for his support of our club with this grant and others through the Dept. of Sport and Rec. Plus over the past number of weeks, when out and about I have had a number of people comment on the photo of the Pearlers in Steve's pamphlet and also his billboard – a free bit of publicity.

Speaking of people commenting I am quite often amazed at the ongoing support of the pearls not only by businesses but individuals as well.

Terry Green and his team at Tuncurry Beach Bowling Club has shown us huge support through Club-GRANTS NSW and encouragement in many other instances over the years and values our efforts to reciprocate this support by becoming members of the club and using their wonderful facilities for meetings, dining and the odd drink to two.

We have all those businesses that come on-board as regatta sponsors including Robbie and Steve – Great Lakes Paddocks, Darrin and Kate – Beach Bums, Jeremy – Lakeside Tavern, Damian – Forster Bowling Club, Todd – Taree Subaru, Shane – Lakes and Ocean Hotel. Their support is valued and when members patronize these businesses, it is appreciated.

Thank you for supporting those that support *you and the club*.

We are now in our second year of running a raffle at the Lakes and Ocean Hotel – twice in every six weeks. For this to be ongoing i.e. to be kept on roster, we need to have a good number of pearls in attendance, not just sellers. Why? So that the hotel can see we are supportive of our Club and *their* business.

This is our major fundraiser, thank you for giving a hand.

Graham Barclay our neighbour is very supportive of the club as is JR Richards, Kev the fibreglass man and of course the wonderful individuals that give us a hand. That is pearl husbands and partners, the great guys that built our walkway, Phil the photographer, Deb V, Gills mum, Little Jo's dad and Chloe, Theresa, Wendy O's Lizzie, all those businesses that give donations for raffles at our regatta. We are fortunate.

Remember though no one ever comes knocking on your door and says "hey let's be friends". We have put in the effort over time to build good relationships within the community. Thank you for your help.

Our regatta again was a success, it was very worrying early Sunday morning with the heavy rain however it cleared and all went ahead being about ½ an hour or so behind schedule. We worked hard throughout the day to keep it contained to this and from all reports our visiting teams and officials were happy. Sport entries were up on last year in all races and we needed to add an extra heat for the Sport Mixed category. This is heartening as a lot of effort went into promoting the regatta and our area to all DBNSW clubs throughout the state. Thank you for your help and enthusiasm.

This season, the 2018 -2019 is our tenth anniversary season. We are travelling to Wellington, New Zealand in March to paddle in their dragon boat festival. This is a club trip and all are welcome (need to know now if you are coming) plus we will have a dinner to celebrate shortly after this event. For the first time we had targeted fundraising to pay our member entries to this regatta. Our individual entry fees are not cheap. Not all members are going yet overall members supported the fundraising efforts which were a movie night and Body Shop Party. Thank you for your help and support.

Finally a huge welcome to all our new season members. I do hope you are enjoying your paddling on our beautiful lake. You are all such an enthusiastic bunch we are so pleased to have you as part of the team and our family "the pearl family".

Please enjoy your Christmas break with your family, your friends and travel safe.

Christmas thoughts and best wishes to you and your loved ones.

Regards

Denise xxx

Club President

0407 724 089



Swim tests and Capsize drill—part of being a dragonboater!

Look how excited this group is having completed the testing on a 'not-so-warm' day.



Our Pearlers' men and women presenting information at Stocklands about our club and the 'Come and Try' day held in October.

Heads in the Boat

Take care during these summer months when going to and from the container... the snakes are out and about having been spotted recently.

What's Happening

RACING

- SIRC 500m races Sunday, Jan 27 (GLPD Senior A Women; Northern Waratahs mixed and mens)
- State Championships - Sun Mar 3

FUNDRAISER

- **Lakes and Oceans Hotel Raffles** - Fri 14 Dec, Wed 2 Jan, Fri 18 Jan, Wed 6 Feb, Fri 22 Feb, Wed 13 Mar

EVENTS

- Wellington Dragonboat Festival –Sat 9 March

TRAINING BREAK

- Last training session Fri 21 Dec Resume Wed 2 Jan



MYLESTOM REGATTA WRAP UP

3km Tucker Island Challenge

We started specific 3km training two weeks before the event, on top of our aerobic endurance training we have been participating in this season. It came as no surprise though that competition conditions would be so much harder.

The team performed beyond expectations. Despite having to borrow three paddlers we lifted our stroke rate and power to challenge the other teams. We went deeper and longer when needed and brought it home when the time was right. Power came from every part of the boat and we took out third place.

Our excellent fitness and strength has once again demonstrated how good we are at our distance events! Great sweeping Peter, stroking Kath and Kim and of course, great paddling Pearl Dragons.

3km Tucker's Island Challenge Results

- 15:01 Flamin Dragons - Heat 1
- 15:45 Nambucca - Heat 2
- 15:48 GLPD - Heat 1
- 15:55 Rainbow - Heat 2
- 16:03 Coffs Coast - Heat 2
- 16:15 Dragons on the Rocks/Hunter - Heat 2
- 16:17 Camden Haven - Heat 1
- 16:38 Titivators - Heat 1
- Go Pearlers.** Wendy Orman



MYLESTOM REGATTA 200M SPRINT RACES

After the thrills & excitement of Saturday's 3km race, Sunday saw everyone arriving early, & eager to get onto the water. Gazebos were up in record time & we were ready to go.

Sunday's challenges were not only going to be the opposing teams, but also the gusting WIND.

Our Sweeps, Peter & Laurie for the Men, Wendy Orman for the Women & Megan (in her first Regatta races) for the Mixed, all had their work cut out. They were well briefed, took control, gave us clear instructions & kept us afloat & in perfect line for our races. Amazing job, Thank you.

All paddlers were well aware of the conditions, responding to Sweep calls & all putting in every effort, in every race. Fantastic Team effort, Fantastic Team work, Fantastic Team.

Our Men, combined with the Flamin Dragons, came second in both heats, making the finals. Well Done.

Kris Stevenson joined our Women's Team, in her first Regatta race. Welcome Kris, to the Pearl Crew.

Megan, made her Regatta Sweeping debut, headlining the NBN news..... & look at that timing. Nice work Team.

Our Women's Team came third, & first in our heats, narrowly missing out on the finals.

Even though a number of spectators, including our President, (who now, shall not be named, or maybe just until the next race) were convinced we had crossed the line first, in one heat, however, the times revealed two second places for our mixed Team.

I am extremely happy with all of our results, & proud to be part of the wonderful Pearl Dragon Team.

Regattas are a wonderful opportunity to work together, enjoy the thrill of racing & have fun.

They also involve everyone chipping in to help, & that is what we are great at.

Thanks to everyone who transported -Gazebos, tables, regatta bags, drink bottle holders etc.

Thank you to our Supporters, (Husbands, Partners, Mums, Our President)

Thanks to Ange for all race times

Cheers to The Great Lakes Pearl Dragons, a Club where we all belong.

Hope you all enjoyed it this much

See you on the water..... Kim Creighton



RESULTS 200M RACING MYLESTOM

<u>Sports Men (10's)</u>	<u>Sports Women</u>	<u>Sports Mixed</u>
<p>Round 1.</p> <p>Heat 1:</p> <p>64.09 Nambucca</p> <p>65.63 Flamin Pearls</p> <p>65.65 Grafton/Camden/Rainbow</p> <p>Heat 2:</p> <p>69.50 Kempsey</p> <p>72.82 Titivators/Camden/Rocks</p>	<p>Round 1.</p> <p>Heat 1:</p> <p>71.00 Flamin Dragons</p> <p>73.50 Nambucca</p> <p>82.25 Titivators</p> <p>Heat 2:</p> <p>69.07 Kempsey</p> <p>75.84 Camden Haven</p> <p>77.28 SW Rocks/Hunter River</p> <p>Heat 3:</p> <p>70.25 Rainbow Region</p> <p>75.97 Grafton</p> <p>76.49 GLPD</p>	<p>Round 1.</p> <p>Heat 1:</p> <p>63.13 Nambucca</p> <p>64.62 Flamin Dragons</p> <p>70.13 Camden Haven</p> <p>Heat 2:</p> <p>63.13 Kempsey</p> <p>67.44 Rainbow Region</p> <p>73.72 Titivators</p> <p>Heat 3:</p> <p>69.56 Grafton</p> <p>69.94 GLPD</p> <p>74.78 SW Rocks/Hunter River</p>
<p>Round 2.</p> <p>Heat 3:</p> <p>70.50 Kempsey</p> <p>71.00 Flamin Pearls</p> <p>76.34 Titivators/Camden/Rocks</p> <p>Heat 4:</p> <p>67.24 Nambucca</p> <p>67.84 Grafton/Camden/Rainbow</p>	<p>Round 2.</p> <p>Heat 4:</p> <p>74.75 GLPD</p> <p>77.09 Camden Haven</p> <p>81.29 Titivators</p> <p>Heat 5:</p> <p>69.79 Flamin Dragons</p> <p>70.53 Kempsey</p> <p>76.15 Grafton</p> <p>Heat 6:</p> <p>70.93 Rainbow Region</p> <p>76.03 Nambucca</p> <p>82.12 SW Rocks/Hunter River</p>	<p>Round 2.</p> <p>Heat 4:</p> <p>65.06 Flamin Dragons</p> <p>69.12 GLPD</p> <p>78.78 Titivators</p> <p>Heat 5:</p> <p>64.72 Nambucca</p> <p>68.94 Rainbow Region</p> <p>70.35 Grafton</p> <p>Heat 6:</p> <p>64.28 Kempsey</p> <p>76.37 Camden Haven</p> <p>76.84 SW Rocks/Hunter River</p>
<p><u>FINALS:</u></p> <p>68.13 Nambucca</p> <p>69.13 Grafton/Camden/Rainbow</p> <p>72.12 Kempsey</p> <p>75.50 Flamin Pearls</p>	<p><u>FINALS</u></p> <p>68.97 Rainbow Region</p> <p>69.54 Flamin Dragons</p> <p>70.28 Kempsey</p> <p>70.85 Nambucca</p>	<p><u>FINALS</u></p> <p>61.10 Kempsey</p> <p>62.40 Flamin Dragons</p> <p>63.71 Nambucca</p> <p>66.12 Rainbow Region</p>

AURORAS SELECTION

Congratulations once again

Wendy Orman

3rd time selected to be part of the national Snr B (50 to 59)

Australian dragon boat team at the

14 IDBF World Nations Dragon Boat Championships

in Thailand 2019

2015 Canada

2017 China

2019 Thailand

Hard work and dedication pays off

Pearl Dragons men combined with Coffs Coast for the GLPD regatta at Forster Keys. .. Preparing for war on the water!



Denise and Fay working hard at the Regatta ... or are they just whispering secrets?

GLPD 10th Anniversary Tour Wellington Festival, March 2019

All members are welcome and encouraged to come - the emphasis will be on enjoyment, participation and creating great memories

Team spirit - essential

Some of us will fly in Thursday and home again Monday, others will add a holiday. If you haven't registered your intent to join us, then be quick to do so. Time for entry finalisation and payment is fast approaching.

**Paddling is on Saturday March 9th in Wellington
300m races (Women's and Mixed)**



Welcome to the world of dragonboating



I joined the Great Lakes Pearl Dragons in September 2018.

I had recently given up work and moved to Red Head and feeling a little lost.

I heard about the Pearl Dragons from Wendy Lum when I was at the gym and made contact.

It has been a very positive move for me. Everyone was so welcoming and friendly.

It is a bit confusing when you first meet a few Kims, a few Wendys and then there are also a few Jos but gradually you get to know who's who.

Your first row, I mean **paddle** can be a bit daunting but as you splash water on other members, you are reassured that it is a water sport. They are also very understanding when you first begin and your timing is out. It is so beautiful to be on the turquoise lake paddling.

Coaches assist you to get the right technique. There is a lot to think about but each paddle you do helps to improve your technique and you feel more comfortable.

I didn't even know what the bull ring at Forster Beach was until I had to do the swim so the Pearlers have taught me a lot.

Even going to the pub selling the raffle tickets was fun. It was also great to see how a regatta works at Forster on the 17th and 18th November. I was surprised to see everyone wearing their pearls.

The website is really quite informative and if you send an email with a concern, someone always responds quickly. Denise was even responding from New York.

I think it is a really well-run organisation and one that I hope to be involved with for a while. I am looking forward to attending windy Wellington in March, 2019.

Thank you to all members that have assisted me. **Janis**



Since being welcomed with "open Arms" into the Pearl Dragons some weeks ago I have been blessed to paddle with a beautiful group of individuals. They have offered me copious amounts of support, camaraderie and Coaching, not to mention the opportunity to join them on a couple of Wednesday nights to sell raffle tickets at the local pub and have a good laugh with them.

It is so refreshing to be part of a Team such as this and as this is my new home I look forward to many years ahead improving my paddling skills combined with enjoying my new friendships.

There's no place I'd rather be!! **Annie**

REGATTA SPONSORS

We'd like to focus your attention to 3 of our wonderful Regatta Sponsors (additional to those in last newsletter):

Taree Subaru

Since 1979 they have been a proud member of the automotive industry in the Taree region. They have put thousands of happy customers into new Subarus.

More importantly, for a number of years, Taree Subaru have been excellent supporters of our Annual Regatta by being a Major Sponsor.

Located at 17 Crescent Ave (Corner Railway Pde) Taree, their mission is to be your number one choice for Subaru.

Taree Subaru provides you with high-performing Subaru vehicles designed to thrill and inspire you. They have been serving Taree and the surrounding area for over 35 years. Visit their website for news and information on the popular range of Subaru SUV's, recreational and passenger vehicles.

Visit their virtual showroom to browse Internet Used Car stock, see the latest range of Subaru models, book a service or purchase Subaru Genuine Parts and Accessories from their comprehensive catalogue, or view the latest online specials.

Website: <https://www.tareesubaru.com.au/> Phone: 6552 3999



Beach Bums Cafe – Forster

Once again, we must thank this local business for their continued support and sponsorship of our regatta.

Secondly, where would the Pearlers be without their after paddle coffee & breakfast?

At the heart of Forster Main Beach, where shoes are optional.....

Beach Bums Cafe boasts a unique setting, overlooking Forster Main Beach & the Pacific Ocean. Enjoy their seasonal menu including breakfast, lunch & sweet treats, great coffee, fabulous ocean views & a friendly atmosphere.

Takeaway is available on most items.

Website: <https://www.beachbumscafe.com.au/>
Facebook: <https://www.facebook.com/beachbumscafe/>
Phone: **02 6555 2840**
Or email us at: info@beachbumscafe.com.au



Lakes & Ocean Hotel

Another long standing supporter of our Annual Regatta and the Pearl Dragons in general. Not only do they sponsor our Regatta, they have included the Club in their twice weekly Meat Raffle Roster. This has become a very profitable fundraiser for the Pearls.



Situated at 10 Little Street, the Lakes & Ocean has been operating for 145 years. They have newly renovated rooms with balconies overlooking the stunning Wallis Lake. A brand new café on the corner, with its own water view serves breakfast, cake, tea and coffee. The space is self-contained and quiet, with its own entrance. Perfect for a quiet cuppa in the morning before heading out for the day. Breakfast in the Café from 7:30am. Lunch & dinners also available.

Monday – Friday has regular specials starting at \$15

Live music on weekends, Poker Machines, TAB facilities and a function area that can cater for up to 100 people. Courtesy bus available.

Website: <https://lakesandoceanhotel.com.au/>
Facebook: <https://www.facebook.com/LakesandOcean/>
Phone: 6554 6005



Megan – Now a Level 3 sweep!
Congratulations!

She completed this final accreditation by sweeping not only for our team but also for a visiting team at our regatta last month. And of course many hours of training at the back of the boat.



TO EVERYONE WHO VOLUNTEERED THEIR TIME TO HELP OUT WITH THIS YEAR'S REGATTA! IT WOULD NOT BE A SUCCESS IF YOU DIDN'T ALL PITCH IN AND WORK AS HARD AS YOU DID!



Many thanks to the SES for providing the craft and manpower - to ensure the safety of the competitors during our regatta!

PEARLERS

Do you or your partner have a business or service you would like to promote.

This is a spot to do so... email your desired wording and any preferred graphics for inclusion in each newsletter.

Also, any handy helpful household tips!



May the meaning of the season be deeper, its friendships stronger and its hopes brighter



FACEBOOK PEARLERS PAGE

Become part of this page as a place to chat with members, socialise, send out invites, arrange lifts and accommodation, swap recipes etc. Make it your own.

Follow us on Facebook

<http://www.facebook.com/GreatLakesPearlDragons/>

Take up the invite to be part of the **Facebook Pearlery Page**

<https://www.facebook.com/groups/290050921720731/>

Check out the website for updates and events, along with regatta and paddling bookings

<https://dragons2428.wixsite.com/pearldragons>



WINE | BEEF | PRODUCE | EVENTS

Great Lakes Paddocks have a special Christmas offer for PEARLERS only from now until 20th December.

20% DISCOUNT on our range of wines....from the legendary Sparkling Lily to our delicious Sparkling Shiraz... take a look at our range, there is something for everyone!

Visit:

www.greatlakespaddocks.com.au/shop

PLACE your order

APPLY Discount Code PEARLERS and

SELECT Shipping option 'Great Lakes & Manning Region'

Minimum order DOES NOT apply to Pearlery

I can bring your order with me to training or it will be delivered to your door!

Robyn Piper

